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ABSTRACT

Noting that the real challenge for parents is not being aware of what to feed their children, but rather getting children to actually eat those foods, this guide provides advice for parents of infants through adolescents regarding children's dietary needs while recognizing the role of children's emotions, tastes, and preferences. Following the introduction discussing nurturance and the importance of considering a long-range approach to children's nutrition, the book's chapters are: (1) "What's Best for My Newborn?" focusing on breast and bottle feeding; (2) "Expanding Your Baby's Diet"; (3) "The Toddler Years," including growth patterns, food safety, and reducing fat calories; (4) "Nutrition during the School Years," including the importance of developing educated consumers; (5) "The Adolescent Years"; (6) "Nutrition Basics," presenting the food pyramid guidelines; (7) "Spitting Up, Gagging, Vomiting, Diarrhea, and Constipation"; (8) "Is My Child Too Fat?"; (9) "Is My Child Too Thin? Too Small? Too Tall?" providing information to differentiate normal individual differences from development problems; (10) "Eating Disorders"; (11) "What Do I Do about Outside Influences?"; (12) "Can I Cut My Child's Risk of...?" concerning heart disease, diabetes, and cancer; (13) "Food Safety and Additives"; (14) "Alternative Diets and Supplements," such as vegetarianism and crash weight-loss diets; and (15) "Is My Child Allergic?" Throughout the book are sidebars offering low-fat snacks and menus, help for allergy sufferers, and suggestions for making mealtimes easier and healthier. Each chapter concludes with answers to commonly asked parents' questions. The book's six appendices include a checklist for caregivers, food-medication interactions, charts for growth and body mass index, food substitutions, and a list of organizations providing health and nutrition resources. (KB)

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